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# HYPERLIPIDEMIA

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**Program Overview**

Achieve Health is a Health Plans Inc. program that provides lifestyle Health Coaching to plan members. All Health Coaches are trained healthcare professionals. Once you enroll in the hyperlipidemia program, you will work with a Health Coach to establish a care plan that is tailored to your personal health goals and needs. Your coach will help identify lifestyle changes such as a reduction in trans fats, saturated fat, or sugar in the your diet, increases in your physical activity/exercise levels or the elimination of tobacco use that may be negatively impacting your cholesterol. While sessions are unlimited, most participants meet with their coach once a month for an average of 9 months. All sessions are conducted over the phone.

**Ways your Health Coach can help**

- Explore new ways of incorporating lifestyle changes that will help you maintain your goals
- Communicate with your Health Coach outside of regularly scheduled appointments by email or your Coach's dedicated number
- Access personalized resources and educational information selected for you by your Health Coach

**Eligibility**

Enrolled in a BMC employee medical plan with Health Plans, Inc.

**How to get started**

To enroll you may call 866.234.4635 or visit <http://enroll.trestletree.com> and enter "Boston Medical Center" into the 'Company or Enrollment Code' box. If you register online, you will receive a call from Achieve Health to schedule your first health coaching session.

**Questions**

If you need assistance, please call 866.234.4635

**Let us know what you think!**

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at [benefits@bmc.org](mailto:benefits@bmc.org).